



Program Overview 2006-07 (Presentation Masters)

The following Physical Fitness Test (PFT) presentation masters are designed to provide options for tailoring presentations. The PFT program overview provides a brief description of the PFT for the 2006-07 school year. This overview is suitable for use with multiple audiences. Three sample charts also have been included in this set of presentation masters. These charts illustrate approaches for displaying PFT results that school district and school administrators may want to use in presentations to school boards, school staffs, and other interested groups.



California Physical Fitness Test (PFT)

Program Overview 2006–07

CALIFORNIA DEPARTMENT OF EDUCATION
Jack O'Connell, State Superintendent of Public Instruction



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State Superintendent
of Public Instruction

California Physical Fitness Test

California *Education Code* Section 60800
requires:

- Annual administration of the Physical Fitness Test (PFT) to all students statewide in grades five, seven, and nine.
- School districts to administer the PFT between February 1 and May 31.



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California Physical Fitness Test

The ***FITNESSGRAM***[®]:

- Was designated by the State Board of Education as the PFT.
- Was developed by The Cooper Institute in Dallas, Texas.
- Has as its primary goal that students establish lifetime habits of regular physical activity.



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California Physical Fitness Test

The *FITNESSGRAM*® assesses
three fitness components:

- Aerobic capacity
- Body composition
- Muscle strength, endurance, and flexibility



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The fitness component of muscle strength, endurance, and flexibility is divided into four fitness areas:

- Abdominal strength and endurance
- Trunk extensor strength and flexibility
- Upper body strength and endurance
- Flexibility



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The test options for the fitness areas are:

☐ Aerobic capacity

- PACER (Progressive Aerobic Cardiovascular Endurance Run)
- One-Mile Run
- Walk Test (only for ages thirteen or older)

☐ Body composition

- Skinfold Measurements (estimates percent of fat)
- Body Mass Index (compares weight and height)



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The test options for the fitness areas are (continued):

- ☐ Abdominal strength and endurance
 - Curl-Up
- ☐ Trunk extensor strength and flexibility
 - Trunk Lift
- ☐ Upper body strength and endurance
 - Push-Up
 - Flexed-Arm Hang
 - Modified Pull-Up



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The test options for the fitness areas are
(continued):

☐ Flexibility

- Back-Saver Sit and Reach
- Shoulder Stretch

Note: Descriptions of each test option are
available in the “2006-07 Physical Fitness Test
Reference Guide” found at
<http://www.cde.ca.gov/ta/tg/pf/overview.asp>.



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Performance in each of the fitness areas is classified into two levels:

- Healthy Fitness Zone (HFZ)
- Needs Improvement (i.e., not in the HFZ)



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The Healthy Fitness Zone (HFZ):

- Is the desired performance standard for each fitness area.
- Represents a level of fitness that offers a degree of protection against diseases that result from physical inactivity.



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- Individual and summary results are reported for each fitness area.
- Reports of summary results are provided to the Governor and the Legislature and are made available on the Internet.
<http://www.cde.ca.gov/ta/tg/pf/documents/govreport2006.pdf>



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Summary results are reported:

- By percentage of students in the HFZ and percentage not in the HFZ (i.e., needs improvement) for each of the six fitness areas.
- By percentage of students in the HFZ for 6 through 0 of 6 fitness areas.
- By grade for total population, gender, and ethnicity at state, county, school district, and school levels.



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The PFT provides information that can be used:

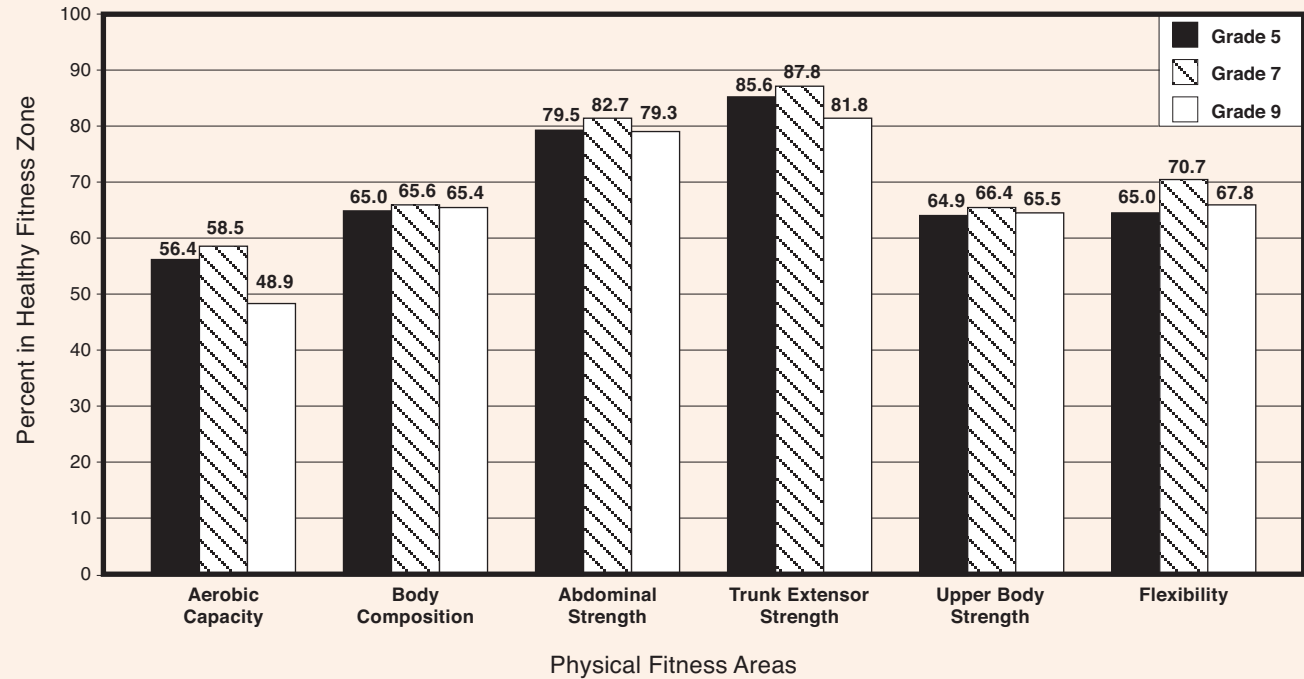
- By students to assess levels of health-related fitness and to plan personal fitness programs.
- By teachers to design curriculum for physical education classes.
- By parents and guardians to understand their students' fitness levels.
- By teachers and parents and guardians to monitor changes in the students' fitness levels.



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California Physical Fitness Test

Sample School District Report Chart #1
Grades Five, Seven and Nine Comparisons
2006

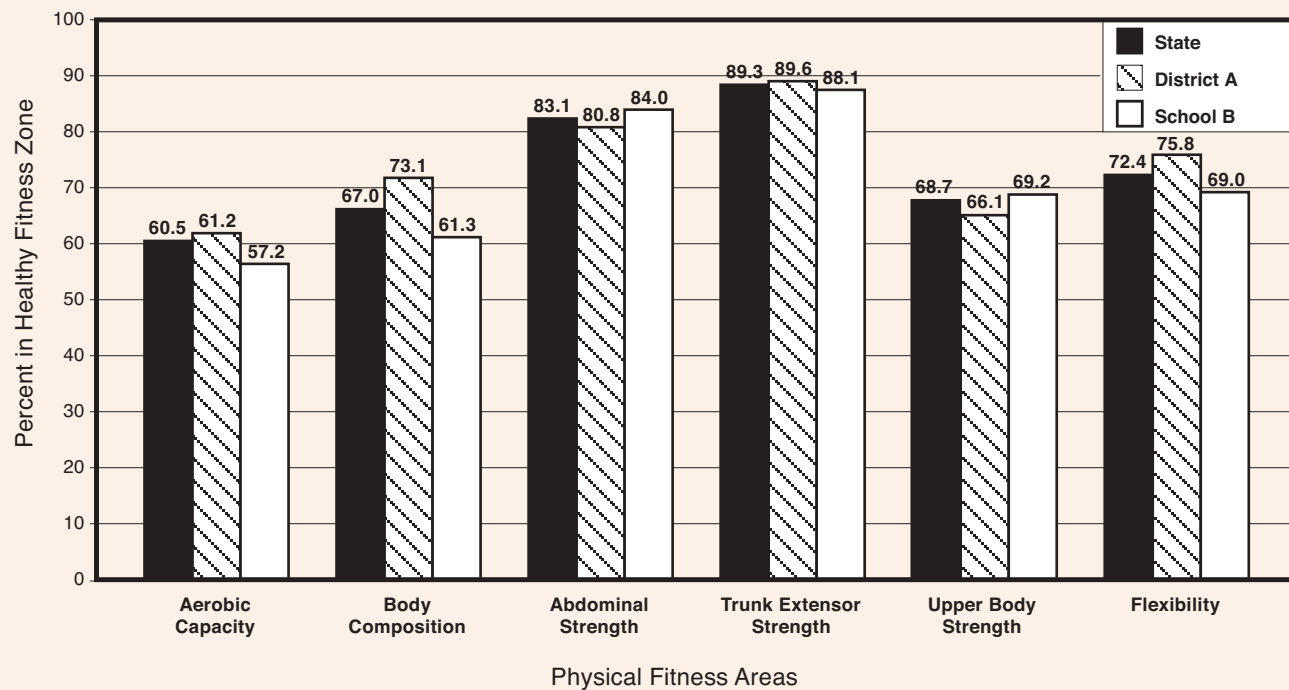




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Sample School Report Chart #2
State, District A, and School B Comparisons for Grade Seven
2006





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Sample School District or School Report Chart #3
Three Year Comparison for Grade Five
2004 – 2006

